



Rides Supplement February 2009

Camberwell Downhill Gourmet Bike Riders

Ride 15th February: Altona Station to Southbank – 25km.

Transport: Belgrave train arrives Flinders Street at 9.26am. (Departs Blackburn 8.55am, Camberwell 9.11am).

Werribee train departs Flinders Street at 9.45am, arrives Altona 10.18am.

Ride departs 10.30am.

Contact: Elva Parker, phone: 9836 6392

Below is a list of dates and organisers for CDGBR rides, so you can now mark your calendars for 2009.

Rides

March 15th Graeme; **April** 19th ?; **May** 17th Julia; **June** 21st Geraldine & David; **July** 19th Elva; **August** 16th ?; **September** 20th ?; **October** 18th Bruce & Yvonne; **November** 15th Geraldine & David

As you can see organisers are still needed for several months so think about offering your services.

Dinners: Fridays July 24th and November 20th

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm - 12 March , 9 April, 14 May, 11 June

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential t the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2009

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

- We generally meet at **10am** at the 'Place to meet' (see below). Check the current train timetable to arrive at the destination listed as close to 10am as possible. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short. For the rides in February and March bring your bathers as we will stop for a swim if it is warm enough.

Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Feb 4 th	Footbridge in Southbank, MEL 2F F7	Short ride – A Capital City trail circuit with a coffee stop at the Abbotsford Convent.~ 30km.	Easy
Feb 11 th	Footbridge in Southbank, MEL 2F F7	Ride to Werribee along the coastal trails and Point Cook national park. Return by train. ~ 60km.	Medium
Feb 18 th	Footbridge in Southbank, MEL 2F F7	Short ride – Port Melbourne rail trail, Elwood canal and return via Albert Park.~20km.	Easy
Feb 25 th	Heidelberg Station MEL 31 K4	Meet at Heidelberg station then ride Yarra, Koonung, Eastlink, Dandenong Ck Trails to Carrum. ~60 km. Train return to city.	Medium
March 4 th	Hampton railway station MEL 76 F6	Short ride – Vanilla slice ride in reverse! Train to Hampton and return via the Bay trail.~ 20km.	Easy
March 11 th	Frankston railway station MEL 102 D2	Mornington Peninsular West coast ride to Rye on minor roads and bike trails and return to Frankston.~ 70km	Hard with hills
March 18 th	Williamstown railway station, MEL 56 E11	Short ride – train to Williamstown and return via the coast.~20km.	Easy
March 25 th	Diamond Creek station, Hurstbridge line, MEL 12 B6	Meet at Diamond Creek station and return to the city via the Diamond Valley trail and the Main Yarra trail. ~ 55km.	Medium
April 1 st	Fairfield station MEL 30 K10	Short ride – explore the Darebin Creek trail~20km.	Easy
April 8 th	Fairfield station MEL 30 K10	Ride the Darebin Creek trail and return to the city via the Hume and Merri Creek trails. ~ 55km.	Medium
April 15 th	Fairfield station MEL 30 K10	Short ride – St. Georges rd circuit to Preston market and return via Darebin Creek trail ~20km.	Easy
April 22 nd	Fairfield Park MEL 30 J12 (ride from Fairfield station)	Up Yarra Trail to Heidelberg (coffee). Then <u>street route</u> west to Queens Park and Maribyrnong R. Follow River, Footscray Rd, Capital City Trails back to start. ~55 km	Medium
April 29 th		No ride	
May 6 th	Rushall station MEL 30 D11	Short ride – Merri Creek and Upfield Rail trail circuit ~ 20km.	Easy
May 13 th and 14 th	Ballarat station, Liddiard St. north.	Skipton Rail trail, an overnight ride of 104km. For Full details, contact Janet after January 2009.	Hard
May 20 th	East Malvern station	Short ride – Anniversary trail 30km.	Easy

	MEL 69 B1		
May 27 th	Hoppers Crossing railway station MEL 206 J3	Travel to Hoppers Crossing and return to city via Werribee river, the Federation and the bay trail.~ 50km.	Easy unless headwind
June 3 rd	Heatherdale station MEL 49 D9	Short ride – Ringwood, Bayswater, to Jell's park for coffee and return ~30km	Easy
June 10 th	Heatherdale station MEL 49 D9	Heatherdale station to Docklands, using the East link, Koonung creek and Capital city trails~ 50km	Medium
June 17 th	Heatherdale station MEL 49 D9	Short ride via Beasley's nursery ~30km.	Easy
June 24 th	Heatherdale station MEL 49 D9	Ride the East link trail to Seaford and return to the city via the coast. ~70km	Medium

Whitehorse Cyclists Inc

Last updated 31 January 2008

Date	Destination	Meeting place	Distance and grade	Leader Contact
Thur 5-Feb	Hays Paddock	Southbank	65 M	Mike T 9859 3647
Sun 8-Feb	Williamstown punt		54 M	Bruce E 9848 4804
Tues 10-Feb	East Malvern		30 E	Pat M 9898 0415
Tues 10-Feb	Tullamarine	M/t @ Kensington, Marybrynong trail, Brimbank Pk, ring rd rt, Lunch - Tullamarine, down Moonee Ponds tr, Capital City,Yarra, Koonung tr.	100 H	John C 0438 566 977
Tues 10-Feb	CLUB NIGHT	Box Hill Community Arts Centre Station St	Box Hill	Bob B 98012809
Thu 12/02 8:00 am	Healesville Badger Weir	Old Healesville Rd, Healesville Rd, Badger Weir	50 M/H	Laurie C 9877 4693
Thu 12/02 8:00 am	Healesville Badger Weir	Healesville-Yarra Glen Rd, Healesville Rd, Badger Weir	48 M	Breta C 9877 4693
Thu 12/02 9:30 am	Braeside Park	(M)Huntingdale, (L)Braeside Park, (B)Sandown Park R/S	66 M	Peter L 9842 5193
Sun 15/02 8:00 am	Dandenong	(M)Dandenong	50 E/M	Helga O 9870 2961
Tue 17/02 9:30 am	Easy Tuesday Westgarth	Koonong Ck Tr, Hays Paddock, Chandler Hwy, Fairfield Park, (M)Westgarth	30 E	Loreto B 9808 1960 0412 289 216
Tue 17/02 8:30 am	Hard Tuesday	Jells Park, (M)Dandenong, Carrum, (L)Mordialloc, Ricketts Point, Ice Cream Shop, Anniversary Tr	90 H	Bob B 0412 028

	Carrum/ Ricketts Point			068
Thu 19/02 9:30 am	Capital City Trail	Yarra trail, Docklands, Zoo, Dights Falls, Home.	55 ?	John C 0438 566 977
Sun 22/02 9:30 am	Doncaster Templestowe	Doncaster Templestowe circuit	33 E/M	Geoff D 9836 1414
Tue 24/02 9:30 am	Easy Tuesday Como South Yarra	Anniversary Tr, Gardiners Ck Tr, (M)Como South Yarra	30 E	Jacques F 9497 2306
Tue 24/02 9:30 am	Hard Tuesday Kinglake	Epping, Kinglake, Hurstbridge	75 M/H	Barry McC 0417 952 418
Thu 26/02 9:30 am	Newport Park	(M)Carlton, Kensington, (L)Newport Park, Williamstown, Footscray Rd, Royal Park, Rushall NB: No hills	70 M	Mike T 9859 3647
Sun 01/03 9:30 am	TBA	TBA	? ?	?
Tue 03/03 9:30 am	Easy Tuesday Montmorency	Main Yarra Tr, Plenty River Tr, (M)Montmorency, Rattray Rd Diamond Creek Tr (some hills)	25+ M	Dale P 9438 1647
Tue 03/03 9:00 am	Hard Tuesday Monbulk	Ringwood, Croydon, Mt Evelyn, Monbulk, Olinda, The Basin	80 H	John C 0438 566 977
Thu 05/03 9:30 am	Ferntree Gully	?	56 M	Peter L 9842 5193
Sat 07/03 to Mon 09/03 8:45am	Ballarat to Skipton Rail Trail and Skipton local	3 day semi-supported Sat: 9:08 train to Ballarat (arr 10:37), (M) Ballarat, then 43km to Linton; Sun: 22km to Skipton then local approx 15-20km; Mon: 55km to (L)Scarsdale then Ballarat for 5:07 train to Southern Cross (arr 6:26pm)	130 M	David P 9899 6294 And see February Newsletter
Sun 08/03 9:30 am	TBA	TBA	? ?	?
Tue 10/03 9:30 am	Easy Tuesday	TBA	? ?	?
Tue 10/03 9:00 am	Hard Tuesday Altona	Capital City Tr, Racecourse Rd, Geelong Rd, Millers Rd, Altona, Williamstown, Docklands, Yarra Tr.	92 M/H	John C 0438 566 977

Thu 12/03	Diamond Creek	?	50	Max G
9:30 am			M	9899 9496
Sun 15/03	TBA	? TBA	?	?
9:30 am				
Mon 16/03 to Thu 19/03	Blairgowrie	Short ride Monday 16/03 afternoon,		Robin R 9830 1499
	Hub and Spokes	Full day rides Tue 17/03, Wed 18/03 and Thu 19/03	TBA	Bruce E 9848 4804
		Details to be decided on the day		And see February Newsletter
Tue 17/03	Easy Tuesday	TBA	?	?
9:30 am				
Tue 17/03	Hard Tuesday	TBA	?	?
9:30 am				
Thu 19/03	TBA	TBA	?	Bruce D
9:30 am				9852 1921
Fri 20/03	Darebin BUG	Cycling trivia night to support <i>The Big Issue</i> , with lots of prizes and auction items to aid your cycling		Margaret F
TBA	Trivia Night			9497 2306
Tue 24/03	Easy Tuesday	TBA	?	?
9:30 am				
Tue 24/03	Hard Tuesday	TBA	?	?
9:30 am				
Thu 26/03	Warburton Tr	Use 9:04 train from Box Hill, (M)Woori Yallock, (L)Warburton	80	Mike T
9:45 am			M/H	9859 3647
Sun 29/03	TBA	?	?	?
9:30 am				
Tue 31/03	Easy Tuesday TBA	?	?	?
9:30 am				
Tue 31/03	Hard Tuesday TBA	?	?	?
9:30 am				
Wed 01/04 to Fri 03/04		3 Day Unsupported		
	Kilmore East, Macedon,	Wed: V/Line 9:50 Shepparton train to Kilmore East (arr 10:44)	190	Phil E 9849 0552
	Bacchus Marsh, Melbourne	then 60 km to Macedon; Thu: 50km to Bacchus Marsh; Fri 80km to Melbourne via Laverton (opt out Hoppers Crossing, Yarraville). Via secondary roads, Federation Trail and	M/H	And see February newsletter

		metropolitan roads	
Tues 10-Mar	CLUB NIGHT	Box Hill Community Arts Centre Station St Box Hill	Bob B 98012809

Banyule Bicycle User Group—Rides Program Dec 2008 – Jan 2009

Most Rides start @ 9 am from Heidelberg Park (Melway ref 32 B4) except where indicated.

EasyRide: Every Friday - 20km @ 10–15 kph and return by Noon. Contact Maurie 9439 1619

NightRide: Every Thurs **8 pm from Rivergum Walk at Banyule Rd Pedestrian lights** — 20 km on Koonung trail or Yarra Trail to Westerfolds park. Lights required. Contact: Robert 9457 1980

Intermediate Ride: Every Tuesday 9.30am – Similar pace to EasyRide, but usually a little further to a coffee shop. Contact - Les 9435 0615

BYO morning tea unless a coffee shop is accessible or is part of the ride. We welcome visitors.

Tue/Sun rides below - Contact the nominated Ride Leader if you require additional information.

February 2007

<i>Date</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 4	<i>Diamond Creek 40 km.</i>	Out and back by Diamond Valley Trail to Diamond Creek for break.	RichardB/ 94598648
Tue 6	<i>Kings Domain 45 km.</i>	Yarra Trail, north side to Domain and south side return.	MaurieA/ 94391619
Sun 11	<i>Ceres 40 km.</i>	To Fairfield by Yarra Trail, then Merri Creek Trail to Ceres for break. Continue on Merri Creek Trail to Broadhurst Av exit and Reservoir streets to Darebin Trail	GraemeW/ 94359687
Tue 13	<i>Ruffey Lake 35 km.</i>	Out via Finn's Res. Return by Green Gully Trail, Westerfold's Park. Short H2 on return.	JohnG/ 94393884
Wed 14		General Meeting - 8pm Watsonia Library	
Sun 18	<i>Riders Choice</i>		Rider Suggesting ride
Tue 20	<i>Williamstown 65 km.</i>	Wilson reserve, Rushall station, Capital City and Footscray Rd trails, return same.	AlanP/ 94359421
Sun 25	<i>Yarra & Anniversary Trails. 45 km.</i>	Yarra Trail to Gardiner's Ck (short H2 & 2 x H1). Break along creek. Home by Anniversary Trail (some H1).	LesD/ 9459 2701
Tue 27	<i>Riders choice</i>		Rider Suggesting ride

March 2007

Sun 4	<i>Koonung-Mullum Circuit 35 km</i>	Up Koonung Trail, across to Mullum-Mullum (moderately long H1) with break at June's Billabong.	RichardB/ 94598648
Tue 6	<i>Currawong Park 35 km.</i>	Out and back via Westerfolds & Mullum Trail. Short H3 into Currawong Park. Careful on short piece of road.	JohnG/ 94393884
Sun 11	<i>Riders choice</i>	Also Wangaratta weekend	Rider Suggesting ride
Tue 13	<i>Strathewen</i>	Meet at train stations. Depart 9.00am train from Heidelberg (9.03 Rosanna) for Hurstbridge (Zone 2	MaurieA/ 0409186082

	36km + option 28km	ticket). Arrive 9.41am. Ride departs by 9.55am. Use phone contact if held up. Ride via Arthur's Creek to Strathewen for break (no shops). 36 km out and back to H'bridge. Undulating, with 1x H2. Train or ride home (28km)	
Wed 14		General Meeting - 8pm Watsonia Library	
Sun 18	Wattle Park 35 km.	Out by Koonung & Bushy Creek Trails, Box Hill streets (H2) and Gardiner's Creek Trail. H1 into Park. Return by streets, path, streets (short H2-3) to Ann. Trail at Hartwell	LesD/ 9459 2701
Tue 20	Anniversary & Yarra Trails. 45 km.	Anniversary trail (H2 & H1) to Gardiner's Ck. Break at Hedgeley Dene Gardens. Home by Yarra Trail (H1 & H2).	RobertR/ 94391078
Sun 25	Sandridge Beach 50 km	Yarra Trail, City to beach. Return by Lorimer St, Docklands, Royal Park (H1).	GraemeW/ 94359687
Tue 27	Riders choice		Rider Suggesting ride

<mailto:banyulebug@yahoo.com.au>

<http://www.vicnet.net.au/~banylbug>

Manningham BUG

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Interested?

[Email us to find out more about the BUG - harvey@edwards.net](mailto:harvey@edwards.net)

Melbourne Bicycle Touring Club

Ride and Club Night Programme

February			
Fri 6-Feb	Night ride - Mordialloc. Commencing at Port Melbourne, riding to Mordialloc for a bite to eat.	60km Medium	Judy Beswick
Sat 7-Feb	Warragul & Mt Worth. Including Lardner's Track & the great descent into Yarragon. Subsidised	70km Medium/hard	Kerry
Sun 8-Feb	The Leather Saddle Tour. For mature bikes. Restorations, rebuilds or even replicas are OK.	62km Medium	Peter Signorini
W/e 7/8 Feb	Frankston to Phillip Island and Heritage Salt Marshes. Camping at a caravan park.	100km Medium	John Foster

Thu 12-Feb	Guide to touring/camping for complete novices		Kirsty
Fri 13-Feb	Mountain Goat Brewery Richmond	5km Wobbly	Jim Freeman
Sat 14-Feb	Brunswick Op Shop ride	12km Easy	John Harland
Sat 14-Feb	Otways wandering with a few hills	145km Hard	Claire Noonan
Sat 14-Feb	Ice-creams and FREE symphony at The Bowl. Bring food to share	20km Easy	Tony Barter
Sun 15-Feb	Docklands to Brimbank Park & return. see the Southern Star Observation wheel up close then explore the scenic Maryibrnong River trail.	55km Medium	Clive Gartner
Thu 19-Feb	MAD Ride mail-out		David
Sat 21-Feb	Drouin to Moe. A loop ride which takes us along the Old Sale Road to Moe returning Via Yarragon. Subsidised	100km Hard	Judy Beswick
Sun 22-Feb	Lara waterfront-Geelong-Lara	60km Medium	Les Baxter
Tues 24-Feb	Doddle in the Dandenongs with 'er what rides a long way!	120km Hard	Claire Noonan
Week 21-28 Feb	King Island. Ride on quiet roads. Experience the island's famous cheeses and seafood.	250km Medium	Jon Miller
Thu 26-Feb	Tassie Trip		Susan
W/e 28 Feb - 1 Mar	Frankston to Stony Point to Cowes to Wonthaggi	150km Medium	Peter Boemo
March			
Sun 1-Mar	Heidelberg Artist's Trail	15km Easy	Paul Schofield
Thu 5-Mar	Trip planning and social night, Ferrero Rocher chocolates for all ride leaders		Jon
W/e 7/8/9 Mar	Myrtleford Riding & Social weekend. Variety of rides available from mountain climbing to rail trail ambling. Caravan park camping. Deposit required.	Various	Kirsty Harris
Thu 12-Mar	Great Vic Ride 08		John Hughes
Sat 14-Mar	Fish & chips at Green Point, Brighton	40km Easy	Anne Shepherd

	Beach		
Sun 15-Mar	Glen Waverley to Hampton via Yarra & Bayside Bike Paths. Gentle ride with great views along wetlands, the Yarra and the sea. Mainly off-road.	50km Easy/medium	John Hughes
Sun 15-Mar	Lilydale-Warburton-Lilydale	84km Medium/hard	Joe Kenwright
Thu 19-Mar	Social night		Glynn
Tue 17-Mar	Tiffin Time Lunch in the city. \$7.00-9.00		Darren Room
Sat 21-Mar	Heritage ride in Brunswick	12km Easy	John Harland
Sun 22-Mar	Hurstbridge, Whittlesea & Kinglake loop	80km Medium	Alister Briggs
Sun 22-Mar	Coburg bike discovery tour	30km Easy	Gael Reid
W/e 21/22 Mar	Transition to Touring. A mostly downhill ride from Ballarat via the rail trail to Skipton. Staying overnight at the Pittong Sleepover and riding to Camperdown the next day. Subsidised	130km Medium	Jon Miller
Thu 26-Mar	MAD Ride briefing for all the volunteers		David
Sat 28-Mar	Badger Weir Healesville	75km Medium	Peter Boemo
Sun 29-Mar	Railway Museum at Williamstown	15km Easy	Darren Room
Thu 2-Apr	Touring bike design and equipment		John Harland
Sat 4-Apr	MAD Ride setup & stay overnight in Woodend		MAD ride sub-committee
Sun 5-Apr	MAD Ride, Woodend and district	All hands on deck	David Brunt
Easter 10-13 Apr	Mitchell River NP and nearby attractions. No shops	150km Medium	Leon Trethowan

For information on the above rides, please contact the Touring Secretary, Jon, on (03) 9523 1694, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response! About the Ride Gradings **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

RIDE LEADERS: Bookings on V/Line services must be completed **one week** before the ride to ensure availability of a D-Van and to obtain group discounts where they apply.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>

Rides Calendar

Day/Date	Ride description	Suitable bike (mtb, road or hybrid)	Distance (km)	Grade	Leader	Booking necessary	Email
FEBRUARY							
Sun 1	Federation Trail (Williamstown-Werribee-Williamstown)	All	50	Easy	Mark & Nevi	No	
Sat 7							
Sun 8							
Sat 14	Twilight Valentines Ride - Elwood - Frankston Dinner (La Porchetta's -436 Nepean Highway, Frankston)	All	80	Med.	Mark & Nevi	No	
Sun 15							
Sat 21							
Sun 22	Red Hill Ride	Road/Hybrid	..?	Med.	Nick	No	nick@spraynozzle.com.au
Sat 28							
MARCH							
Sun 1							
Sat 7							
Sun 8							
Sat 14							
Sun 15	Macedon ranges	All	60	Med.	Jesse	No	
Sat 21							
Sun 22							
Sat 28							